



*Hell to Paradise Walk*  
*Newsletter July 2006*  
**Cadillac District Office**

Since starting the Hell, to Paradise, Michigan walk in May, the Cadillac District staff has really poured on the miles! We have 32 participants working their way from Hell to Paradise.

**Cadillac Team Members:**

The Dynamic Daredevils	Casey Cline & Tammy Peterman
The Galloping Gals	Deb Negri-Jackson & Nancy Chmura
The Fresh Start	Diane Doubrava & Terri Laughlin
The Smokin' Soles	Ann Emington & Pam Snyder
The Morgan Masters	Beth (Ed) & Renee Morton
The Fire Guys	Pat Foster & Mel Zalud
"Dave"	Shane Nixon & Rob Dickman
The Rogue Runners	Jim Bryson & Dave Maynard
"Studie"	Steve Cunningham & Judie Weir
The Intimidators	Jim Ferritto & Phil Roycraft
The Slide Rules	Sue Conradson & Brian Jankowski
The Jack Pine Ramblers	Scott Conradson & Garth Aslakson
The Guys	Al Retlewski & Ed Kirkby
The Gump	Mike Elmore
Moon Pie Wonder Gem	Mike & Linnea Stifler
The Drapers	Jennifer & Richard Draper

Collectively, the group has covered a total of 3,484.99 miles as of July 13, 2006. There is one Team (The Guys) and one Individual (The Gump) that has already made the trek to Paradise. They are now on their 2<sup>nd</sup> lap!

We also have a roadway posted on the inside entrance wall to the office. On that roadway are “shoes” with the team names and each individual that makes up those teams. The roadway is marked out in miles and each week the shoes move up the roadway from Hell to Paradise.

We held a contest in June to see who would be the “most improved” team, and the winners were Beth (Ed), and Renee Morton, otherwise known as “The Morgan Masters” with 94.82 miles over the previous month. Their award? A “Biggest Improvement” Certificate and lotion for those dog-tired feet and those foot-massaging hands! They had some stiff competition from Mike and Linnea Stifler coming in slightly behind them, but right on their heels!

There have been reports from two staff members who have said that since starting the walk, they have lowered their blood pressure and/or their cholesterol levels to a satisfactory level, without medication! Others have reported that their overall general health has been better, and some have even said it's been FUN! Still others have gone so far as to claim weight loss. Go figure...to **smaller**...and **smaller**....and **smaller**...!

Casey Cline, has graciously created tie-dyed sun/moon t-shirts for team members. Once we all have them, we will be posing for a rather colorful picture!

Since starting this trek, we have experienced some pretty FIERCE competition. It's been miles of fun and laughter for those who are trying to catch up with others who “motivated” them to compete in the first place. And, it's been disappointing to others who have team members who are SLACKERS! Yes, I said SLACKERS. You know who you are too!



Shhhhhhhhh...I promise, I won't tell on you though!

**July's Contest: *Earn the Best Cheerleader Award!!!***  
It doesn't mean you have to be a 'positive' cheerleader.  
Reverse psychology or playful abashments are welcome!!!!

Newsletter submitted by: Tammy Peterman